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ABSTRACT

Peer counselors are individuals who have been trained in communication skills and who have learned how to apply these skills in helping another person. This booklet was written by a peer counselor and peer counseling teacher to fill a frequently expressed need for a quick, easy-to-read reference. Its purpose is to make available to peer counselors a handy reference to reinforce those things learned but difficult to recall. The text is divided into seven chapters. Chapter 1 offers tips and rules for counseling peers and what to do when meeting a stranger. In chapter 2, skills, such as active listening and sending effective messages, are covered. An overview of the counselor-counselee relationship is discussed in chapter 3, along with things to be aware of and things to remember. Chapter 4 explores self awareness, and chapter 5 deals with referrals, outlining when and where to refer, steps in referring, and mandatory reporting to authorities. Chapter 6 offers guidelines for covering various issues, including suicide, self-esteem, child abuse, divorce, parent/child communication breakdown, conflicts with stepparents, death, eating disorders, school problems, peer pressure, substance abuse, and teenage pregnancy. Chapter 7 covers issues of motivation and gives suggestions for self-reflection. This small volume ends with a bibliography. (RJM)

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